

MUSHROOMS



White The most widely available fresh mushrooms, whites are mild in flavor, smooth and round in appearance, creamy white to beige in color and come in various sizes from button to jumbo. When small they have closed "veils" (gills are covered on the underside of the mushrooms); larger mushrooms may have open veils. White mushrooms may be eaten raw and can add excitement to soups, salads, sauces, sandwiches, main dishes and more.



Maitake. Maitake appear rippling and fan-shaped, without caps. They are also called "Hen of the Woods."

Flavor. Maitake have a distinctive aroma and a rich, woody taste. Sauté lightly in butter or oil.

For a richer taste in any recipe calling for mushrooms, use maitakes. They can be a main dish ingredient or used in side dishes and soups



Shiitake. Shiitakes are tan to dark brown and have broad, umbrella-shaped caps, wide open veils, tan gills and curved stems that should be removed. They have a meaty texture and are rich and woody when cooked. Taste best when cooked. They add a meaty flavor and texture to stir-fry, pastas, soups, entrees and sides.



Oyster. Oysters can be gray, pale yellow or even blue, with a velvety texture. Oysters have a very delicate flavor. Sauté with butter and onions to bring out their flavor. Try over linguine with sliced steak and red peppers, sprinkled with grated parmesan cheese.



Portabella Mushrooms Portabella mushrooms are the largest of the commercially available mushrooms and have a rich, robust mushroom taste and a texture that has been compared to fine beef filet mignon.



Crimini Mushrooms

Criminis are tan to brown in color with a firm, buttery texture and a flavor similar to white button mushrooms but more intense. They are picked while they are still closed, with their veil covering the gill surface.



Enoki Mushrooms

Enoki are tender, white mushrooms with long stems and small caps and a sweet, mild taste. They are usually sold in clusters just as they are pulled from the bottles they are traditionally grown in.

Exotic Mushrooms



Golden, with white flesh. Button or vase shaped cap with veins. Apricot nuances. Available year-round except May-June. Slow roast with game, ham, beef. Sauté with cream for pasta sauce.
Yellowfoot: Vase-shaped with bright yellow stem, beige to golden cap. They have a woody flavor, and are available January-February. Good substitutes are chanterelles or hedgehogs. You can saute with black trumpets as garnish for game, roasts, and chops; mushroom tartlettes and crostini.



Black Trumpet

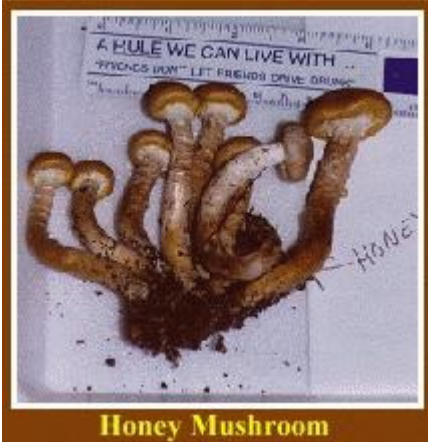
Light gray to jet-black, vase shape, highly perfumed. They are available year-round, except April-May. You can Sauté for crostini, in risotto, as garnish for scallops, seafood or chicken.



Porcini/Cepe: Bulbous stem and rounded cap, from ivory to reddish brown. They have a taste similar to winecap. They are available year-round, except for August. You can substitute shiitake or winecap You can grill caps, dice and sauté or roast stems. They are great in soups, stews and stir-frys.

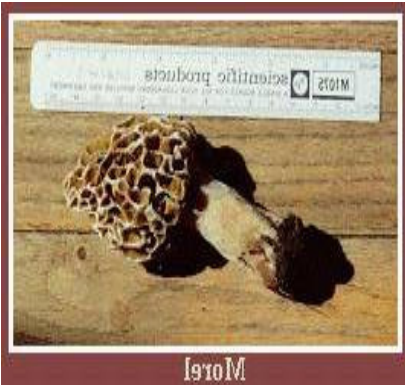


Chicken of the Woods: Fan-shape, bright yellow and orange shades, 6-12 inches across. They have a chicken flavor, firm texture. They are available in May and September-October. Good substitutes are bluefoot, lobster or oyster. They are great Layered with potatoes.



Honey Mushroom

Honey-colored clusters. They are available August-September. Some good substitutes are beech, mousseron, fried chicken mushroom, or shiitake. They are good with spaghetti, sautéed in butter, as well as soups, stews and stir-frys.



IsiroM

They have a Intense earthy flavor; and must be thoroughly cooked. They are available March-August. You can use them as texture for fish, soups and sautés and are great in cream or red wine reduction sauces.



Lobster: Firm; lobster-red in color. They are available July-September. You can marinate them in oil and tarragon, char and slice like steak, or use in soups and stews.